



Kwakiutl District Council Health Laichkwiltach Health Centre 1400A Drake Road . Campbell River, B.C. V9W 7K6

Tel: 250-286-9766 Fax: 250-286-9713 Email: reception@kdchealth.com May 23-27 2016



KDC HEALTH OFFICE CLOSED MONDAY MAY 23TH, 2016

And will reopen Tuesday May 24th, 2016



Happy Victoria Day!!

CR SITE STAFF LIST

Staff & Title

Kim Roberts, -Health Director

Jan Dick, Finance Coordinator

Kathleen Power, Nutritionist

Mildred Price—Programs Support

Michele Anderson, CHN/HCN

Jacey Dick—Casual CHN/HCN

Shelby Huffman—Casual CHN/HCN

Melissa Lambert, HCC Coordinator

Mary Henderson, CHR

Tracy Hnidy, FASD Coordinator

Mitzi Larsen, FASD Mentor

Robyn Dias, FASD Mentor

Lorraine Henderson, Site Admin Coordinator

Email Address

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5 SESSIONS STARTING

Monday

May 30th, 2016 to June 27, 2016

at the

Campbell River Site

6:30 - 7:30

Welcome Back instructor Orsi Foldesi from Flow Yoga Studio,







"Cancer Awareness" - Celebration for Life Gathering on Saturday May 21, 2016

We would like to invite community members to our celebration for life gathering - This year we invited Dana Henderson as our guest speaker to share her personal story on how cancer affected her life.

Our goal - Raise cancer awareness, and most important uplift one another through standing in the circle of healing, lighting a candle in honor of those who are struggling with cancer, those who have passed away from cancer, - Canadian Cancer Society & Campbell River Hospice will have a table of resources available for community members

Please bring a picture of your loved ones we will have a table set up for pictures

When: Saturday May 21, 2016

Where: Thunderbird Hall - 1400 Weiwaikum Road,

LUNCH will be provided - Indian Taco's

Time: 11:30 am - 3:30 pm.

Dana Henderson will share her story! / stand in the circle— Lighting candles for healing!

****We invited "The Band of Brothers" - offering comfort service to uplift our community members**** Singing gospel songs!

Contact Georgina Isaac, Community Wellness Worker
Office: (250) 286-8064 or Cell (250) 204-1196

"NO ONE FIGHTS ALONE!"



Celebration of Life for Annie McCall Tuesday May 24th, 2016 at 1:00pm Thunderbird Hall

Nursing News

Michele's Nursing Schedule for May 23-27, 2016 8:30am-4:30pm

MONDAY - OFFICE CLOSED

TUESDAY - at the Komox Site

WEDNESDAY - at the Campbell River Site

THURSDAY - at the Campbell River Site

FRIDAY - at the Komox Site

Please note this schedule may change unexpectedly You can contact Michele

in Campbell River at 250-286-9766

In Komox at 1-250-339-6591

Or on her Cell #250-203-3905

Email: Michele.anderson@kdchealth.com

Jacey's Nursing Schedule for May 23-27, 2016 8:30am-4:30pm

MONDAY - OFFICE CLOSED

TUESDAY - at the Campbell River Site

WEDNESDAY - at the Campbell River Site

THURSDAY - at the Komox Site

FRIDAY - at the Quinsam Site

Please note this schedule may change unexpectedly You can contact Jacey

in Campbell River at 250-286-9766

Or on her Cell #778-348-0841

Email: jacey.dick@kdchealth.com

Community Health Programs

WEEKLY PROGRAMS

KDC HEALTH

Wednesday - 2:30pm to 4:00pm Girls Group

Thursday

Chair Exercises with Sally at 10:30am

Elder Wellness and lunch at 11:30am

Teleopthalmology clinic with ITHA Tuesday, May 10, 2016 9:30 to 4:30pm

Patient Travel

Requests for travel for specialist appointments, have in 7 days before scheduled specialist appointment, also, have, confirmation of attendance form, along with receipts for bus, ferry, and hotel if needed.

Mary Henderson

Community Health Representative 1400 Drake Road Campbell River, BC V9W7K6

250-286-9766 FAX: 250-286-9713 Mary.henderson@kdchealth.com



Call for catering bids

The KDC is accepting catering services bids For the 2016 KDC AGM

Date: Wednesday/Thursday June 1 - 2, 2016

Where: Thunderbird Hall, Campbell River

Catering services are required:

- · Lunch both days for 130 people per day
- · Community dinner for Wednesday, June 1 for 250 people (estimated)

Caterers will be expected to:

Prepare and serve meals Clean up after each meal

Please submit your catering bid with sample menus, and copies of Food Safe certificates for all catering staff to:

Emily Nelson
Kwakiutl District Council
Emilynelson@kdcadmin.com

In person: KDC admin offices 695 Head Start Crescent, Campbell River 250-286-3263 (office) or 250-286-3268 (fax)



KDC Health 1400 A DRAKE ROAD CAMPBELL RIVER, B.C. V9W 7K6 Phone (250) 286-9766 Fax (250) 286-9713

Employment Opportunity - On-call Casual Site Receptionist

Location: All KDC Health Sites

As an employee of the Kwakiutl District Council (KDC) you will provide administrative and reception services in the all of the KDC Health offices as requested.

Reporting to the KDC Health Director, this position requires strong interpersonal skills to effectively interact and support staff, clients and the community at large. Typical duties will include front desk customer service and reception, administrative duties, maintenance, cleanliness of the facility, and materials management.

At least 2 years prior experience in an office setting with clerical or reception training is preferred. The On-call Casual Receptionist will provide coverage for the full time Site Administrative Co-coordinator at one of the KDC Health office sites and work on an as need basis providing work coverage for vacations, sick leave. Previous experience working in a First Nations Community is a plus and applicants must possess a valid B.C. driver's license and reliable vehicle. A Criminal Record check and Driver's Abstract is compulsory.

In circumstances where there is an equal combination of qualifications and experience, preference will be given to people of Aboriginal heritage.

To receive a comprehensive job description, please email: administration@kdchealth.com

KDC Health provides preventative and health promotion services for 6 of our member nations. For more information, go to www.kdchealth.com.

Please submit your resume, cover letter (including salary expectations and three references) to:

KDC Administrator
1400 A Drake Road
Campbell River, BC V9W 7K6
Email: administration@kdchealth.com Fax: 250 286-9713

This posting will remain open until the position is filled Thank you in advance, but only those applicants selected for an interview will be contacted



May 30th-June 5th Bike to Work Week!

KDC Health has registered a team! Please follow the link below if you would like to join our enthusiastic team!

So lets blow the dust off our bikes and get movin!

Prizes!
Group Ride & Breakfast!

https://www.biketowork.ca/registration

For more info contact:

Kathleen Power, Community Nutritionist/Fitness Leader kathleen.power@kdchealth.com

RUN THE SPIT 5K

Takes Place in Campbell River
As part of

National Aboriginal Day Celebrations

Participants can walk or run this 5K waterfront course followed by a pancake breakfast.

> Race Starts at 8am 1400A Drake Rd JUNE 21st, 2016



Register online: http://www.raceonline.ca/events/details/?id=1220

This event is ideal for those walking or running. The course offers limited elevation and is a timed event. It is an excellent opportunity to take part in your first race or set a new personal best!

For more info contact: KDC Health 250 286 9766





RUN/WALK JUNE 21, 2016

Please complete this form, and mail or fax to: 1400 A Drake Road Campbell River, BC. V9W 7K6 Further information: email: kathleen.power@kdchealth.com

Phone: 250 286 9766

I am entering: Spit 5K Run Spit 5K Walk

Participants in The Spit 5K Walk/Run will be corralled at the start line based on whether you are running or walking; the runners will be 1st and walkers and children will be 2nd.

Name			_			
Address			_			
City	_ Province			Postal C	_	
Email:	_ Phone					_
Gender □ M □ F						
Date of Birth:(MM/DD/YYYY)						
T-shirt Size Adult(circle one only):	S	М	L	XL	XXL	
T-shirt Size Youth(circle one only):	XS	S	М	L		
Wavier Release. Please read carefully. I know that running/wa am medically able and properly trained. I also know some polic unauthorized traffic on the course route. I assume the risk of nevent including but not limited to falls, contact with other particl roads, all such risks being know and appreciated by me. Know executors, administrators or anyone else who might claim on neath (KDC Health), City of Campbell River including their Polese acting on their behalf, from and against any and all claims arising out of or in the course of my participation in this event, unforeseen, know or unknown. Applications for minors will be a behalf of or together with a minor as parent or guardian or respallowing the minor to participate at my request, to indemnify all anyone on that minor's behalf, and I consent jointly with the milb eused for any purpose without compensation. I agree that the without compensation.	ce supervisuming in tripants, the ing these to my behalf, in ilice Departs of liability The Release accepted of ponsible add in of the abort in or and on the supervisual in or and on the supervisual in or and on the supervisual in or and on the supervisual the s	sion and som raffic. Is also effects of the facts, and in covenant no timent, Event for death, pe ase Walver e- inly with a pa dutt, I warrant ove named pin in the minor's	e control by assume any e weather in consideratio t to sue, and officials, Vo ersonal injury attends to all rents signate t that I have arties for any behalf to the	volunteers will and all other cluding high h n of you accept waive, releas olunteers, and y or property di claims of ever ure and should authority to do y claims as de e use of image	I be provided, there risks associated with east and/or humidity, biting my entry, I hen ee and discharge the the Ministry of Tran- lamage of any kind of ry kind or nature who do so I agree, in consi- soribed about advar- es and stories of the	will be traffic and maybe in running/walking the the condition of the eby for myself, my heirs, e Kwakiuti District Council sportation and anyone or nature whatsoever absoever, foreseen or ratios if I am signing on ideration of KDC Health need by said minor or by race involving the minor to
I hereby asknowledge having read this Release and Walve	r and that	l understan	d and acce	pt its terms.		
Signature Date		Parent	(Guardian si	gnature (if en	trant under 19)	



^{**}Deadline to Register June 19, 2016.**

Seeking Safety Group for Women



Closed group running Thursday mornings 930am-11am for 6 weeks. Beginning April 14, 2016.

@ Campbell River KDC office

Seeking Safety is present-focused, coping skills therapy to help people attain safety from trauma symptoms and substance misuse. It embodies a compassionate tone that honors what one has survived and embraces their strength.

Topics Include
Safety and Taking Back Your Power
Grounding
Coping with Triggers
Setting Boundaries
Connecting With True Self
Self Nurturing

Limited space available, if interested contact
Natalie Crawford, Clinical Counsellor,250 286-8064
Snacks, tea and coffee provided.



TSOW TUN LE LUM Cultural Team

Resolution Health support workers & Cultural support team
Will be facilitating a workshop on Thursday May 26, 2016
Where: Quinsam KDC Health Office 200-2005 Eagle Drive

EVERYONE IS WELCOME - FREE WORKSHOP!

Meeting at KDC Health providing rides if needed

9:30 - 12:00 Spiritual Bath Teachings - Lake

LUNCH BREAK 12:00 - 1:00 pm

Recognizing our Gifts workshop 1:00 pm - 3:30 pm

As we walk on our healing journey, walking through our own personal healing, sharing our personal stories of the impact of the residential school, working through our past trauma of our experiences in residential school, healing our inner child, nourishing ourselves, breaking the code of silence, breaking the cycle of abuse for the next generation - always remember you are not alone, Healing is a journey - Not a destination

Contact Georgina Isaac, Community Wellness Worker (250) 286-8064

"Healing ourselves, Healing our families, Healing our communities" - One day at a time!

Community Wellness Lunch & Educational Video

GEORGINA ISAAC/MICHELLE GUENTER

When: Wednesday May 25, 2016

(bi-weekly groups)

Where: Kwakiutl District Council Health Office - Campbell River site 1400 A Drake, Campbell River

Time: 12:00 noon - 1:30 p.m. / EVERYONE IS WELCOME

Theme: Enhancing Self-Esteem

We meet bi-weekly - lunch is provided at 12:00 noon, then we watch a video on addiction and have a open discussion on the video

As we come together to learn how addiction has Impacted our lives, our loved ones, and uplift one another through support. Going back to our traditional teachings, walking hand in hand on the Journey of life...

Providing support to one another on the journey of life—You are not alone

For more information contact—Georgina Isaac, Community Wellness Worker (250) 286-8064 or Cell number (250) 202-3720



"Healing ourselves, Healing our families, Healing our communities One day at a time!



KWAKIUTL DISTRICT COUNCIL CAMPBELL RIVER HEALTH OFFICE 1400 A DRAKE ROAD CAMPBELL RIVER, B.C. V9W 7K6 Phone (250) 286-9766 Fax (250) 286-9713



Mental Health & Addictions

MENS GROUP

Open to all Aboriginal Males
Well being activities are focused around men's gatherings and sharing of various topics
All information shared is kept CONFIDENTIAL.

When: MONDAY'S

Time: 6:30 PM

Where: Campbell River KDC Office

1400A Drake Road, Campbell River, BC

Ph: 250-286-9766

The KDC Mental Health & Addictions Program understands the importance of Culture and Tradition as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the traditions of the Kwa kwa ka'wakw Peoples as part of the healing process. It is also our practice to offer ceremony and tradition as part of every program offered by the Mental Health & Addictions Program.

REKIADUAG SPIRIT ELDERS GROUP GARAGE SALE FUNDRAISER

SATURDAY MAY 21/4.2016

TIME: 10:00 AM - 2:00 PM

PLACE: LAICHWILTACH FAMILY UFE SOCIETY GYM

LOONIE AUCTION 50/50 BAKING/ HOTDOG SALE/POP

WE HAVE TABLE REATALS FOR \$ 10.00 PER TABLE

IF YOU ARE INTERESTED CONTACT

LAYERN HENDERSON (250) 286-3430 EXT | 2 |

441 4" avenue CR



CAMPBELL RIVER SPIRIT FAIR

MAY 28-29

FROM: 10 AM TO 4 PM

LAICHWITLACH FAMILY LIFE SOCIETY

441-4" AVE, CAMPBELL RIVER

Come treat yourself to a healing experience. The Campbell River Spirit Fair offers readings and healings from a variety of practitioners, including:

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* Reiki

*Mediumship

* Inspired Creations

*Tea Leaf readings

* First Nations Jewelry and Art

*Rose readings,

* Fashion

*Past life readings

* Hair extensions

*Tarot readings

*Natural Hair products

* Health Care Products

*Bodytalk

...and more!

*Angel Card readings

* Refreshments will be available on site. Proceeds to go to Homeless

*Healing Touch

Ontreach.

*Chair healings

Like us on Facebook: Campbell River Spirit Fair

*Attunements

First Nations Support Group for Parents with Children in Care

When: Mondays

Time: 10:30 - 11:30am

Where: Laichwiltach Family Life Society

Please Contact:

Ann Seaweed at 250-286-3430 for more details

Rides are available please call: Ann Seaweed at the above number or call <u>Lori Speck</u> at <u>250-914-2212</u>

***Must <u>call by 9:30 a.m.</u> on Monday to arrange for pick-up



NOTE:

Due to
Programs,
Schedule may
change without

notice.



Monday: 8:30-4:30

Tuesday: 8:30-10:00

12:00-4:30

Wednesday: 8:30-2:00

Thursday: 8:30-10:00

2:00-4:30

Friday: 8:30-4:30



